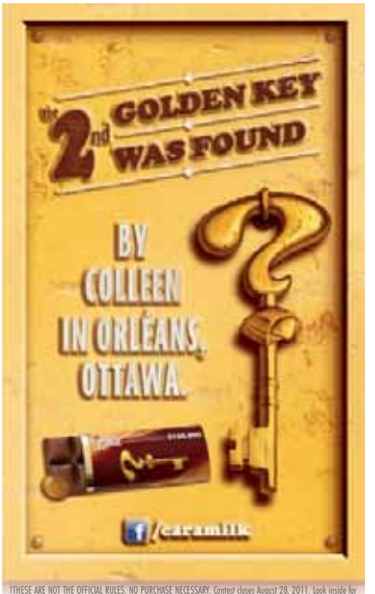
FOOD FOR THOUGHT
NO NEED TO WAIT AN HOUR BEFORE A SWIM, EXPERT SAYS {page 16}

HERO CHARM
CAPTAIN AMERICA ACTOR WANTS TO STAY GROUNDED
{page 14}

VANCOUVER metro®
Tuesday, July 19, 2011
www.metronews.ca
News worth sharing.



†THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk* bars ($65) for 25 years OR cheque for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

Blinded student's vision can't be saved, doctors say

Severity of eye injuries beyond repair **Organization willing to offer services to help woman live with vision loss**

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Rumana Monzur won't see again.

The University of B.C. student, whose eyes were allegedly gouged by her husband in an attack during a trip home to Bangladesh, returned to Vancouver earlier this month for medical treatment.

But a statement from the university says doctors have determined her injuries cannot be repaired after four surgeries were attempted to restore some vision.

"I am very grateful for the medical care I have received," Monzur said in a statement. "I want you all to pray for me. My family and I will need some time to adjust to this news."

Monzur added she's looking forward to having her mother and daughter with her in Vancouver.

John Mulka, executive director of the Canadian National Institute for the Blind, said they are prepared to offer services such as independent living, orientation and mobility skills to help Monzur adjust to the diagnosis.

"Her life changed overnight," Mulka said. "She's going to go through a couple of stages. There's going to be grief and over time, there will come reality and acceptance."

Mulka said they are willing to work with Monzur so she can still do the simple things she might have taken for granted prior to losing her vision, like preparing meals, putting toothpaste on a toothbrush and applying her makeup in the morning.

"It had been my wish to recover my eyesight so I could see all the people who have been helping me."
STATEMENT FROM RUMANA MONZUR

"The biggest thing her family and friends can offer is unconditional support through this difficult time," he added.

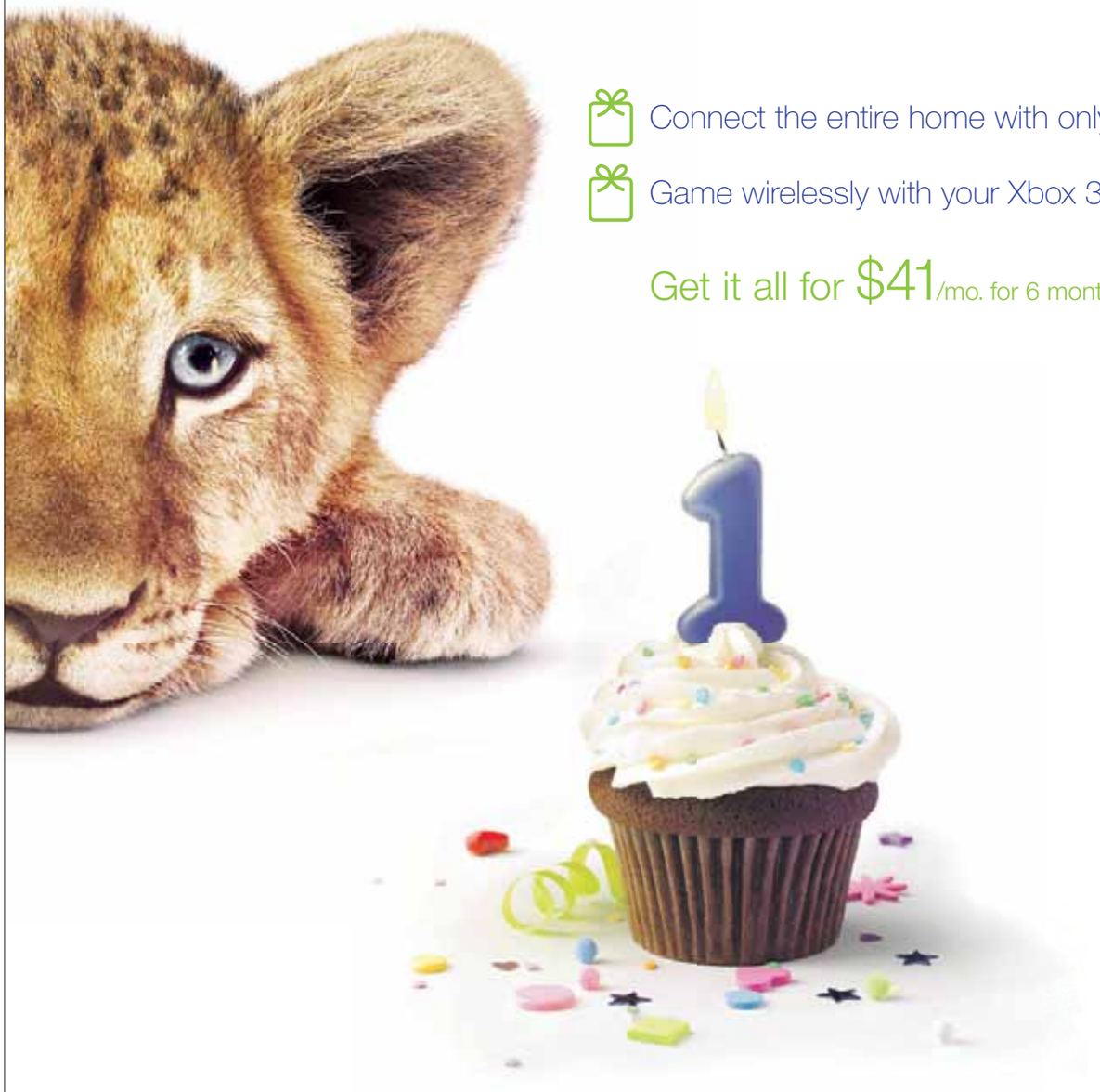
"There's no reason to believe that Rumana can't live a fully independent lifestyle and go back to society just like she was before the events that took her vision."

MATT KIELTYKA/METRO FILE

▶ Rumana Monzur, who was beaten and blinded in an alleged domestic dispute in Bangladesh, arrives at Vancouver International Airport July 5.

A free HD PVR rental and Xbox 360.* See, wishes do come true.

Optik™ TV and Internet are the best in home entertainment.



- Connect the entire home with only 1 PVR†
- Game wirelessly with your Xbox 360®

Get it all for $41/mo. for 6 months.‡

Call 310-MYTV (6988). Go to telus.com/optik.
Or visit an authorized dealer.

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*Offers available until August 2, 2011, to new TELUS clients who have not subscribed to TELUS TV and Internet service in the past 90 days. Final eligibility will be determined by a TELUS representative at point of installation. Minimum system requirements apply. Free HD PVR rental offer available on a 3 year Optik TV term; current rental rates will apply thereafter. A cancellation fee applies for early termination of the service agreement and will be $10 multiplied by the number of months remaining in the term. Free Xbox 360 available with TELUS Internet on a 2 year service agreement while quantities last. A cancellation fee of $13 per month for the remainder of the 2 year term applies to early cancellation of a service agreement. Not combinable with other Internet offers. Manufacturer's suggested retail price for the Xbox 360 is $299.99. †Set-top box needed for individual TV sets. ‡Regular rate in a bundle of $65 per month starts on month 7 based on the same services. Optik Essentials provided as channel package. HDTV input equipped television required to receive HD. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. Xbox 360 is a registered trademark of Microsoft Corporation in the United States and other countries. © 2011 TELUS

Mission man dies after crash with RCMP cruiser

A 20-year-old man involved in a head-on crash with an RCMP cruiser in Agassiz last Tuesday has died.

Mission resident Steve Genberg, a graduate of Ecole Mission Secondary School and an employee of Mission Towing, had been in hospital in critical condition since the collision between his Mustang and a Chilliwack RCMP cruiser.

"There was some hope that we would end up with all three of the injured parties walking away from the accident, but obviously it wasn't the way it's going to be," said Abbotsford Const. Ian MacDonald.

He said both the 19-year-old passenger in Genberg's car, who was seriously injured, and an RCMP officer were released from hospital last week.

Investigators are assessing evidence gathered at the scene on Lougheed Highway near Bodnar Road, he added.

PHYLICIA TORREVILLAS

City seeks input on Capital Plan

The City of Vancouver has posted a draft of its $770-million Capital Plan online for residents to review the document and provide feedback. The city says if all possible infrastructure projects come to fruition, property taxes would need to be raised by 1.7 per cent.

The plan is available at talkvancouver.com.

METRO

DARRYL DYCK/THE CANADIAN PRESS

▶ A motorist uses a mobile phone, holding a dog on her lap, while driving across the Lions Gate Bridge into Vancouver last Friday.

Discourteous drivers on the rise, poll finds

Three in four Canadians feel drivers are more annoying today than five years ago ICBC expert says feeling is that others have 'lack of courtesy'

Has driver courtesy been tossed out the car window? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association seem to think so.

The poll released yesterday found three out of four Canadians surveyed felt drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

"The odds are that if we're civil to other people, most — not all — but most will be civil back."
IAN JACK, CAA SPOKESMAN

Numerous surveys and ongoing research by the Insurance Corporation of B.C. agrees driver courtesy is gradually eroding, said ICBC psychologist John Vavrik.

"People generally feel ... there's a lot of anger out there and people are concerned about running into aggressive drivers," Vavrik said.

Topping the list of bad manners for those polled in the CAA survey are road rage and being cut off in traffic, with 86 per cent of respondents citing those behaviours.

Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

The problem has become so pronounced in B.C. that the Crown insurance provider launched an advertising campaign reminding people to indicate they're thankful for a traffic kindness.

"We're tying to resurrect the wave," Vavrik said of the simple tip of the hand that has become increasingly rare on Canadian roadways.

THE CANADIAN PRESS

Liberals cry foul over NDP website

Continuing the vitriolic and polarizing HST saga, the B.C. Liberals yesterday filed a complaint with Elections B.C. over alleged "gathering of personal information for partisan use" by the NDP.

In a letter addressed to the province's chief electoral officer, Craig James, Liberal party executive director Chad Pederson stated his belief that an NDP-operated website, voteyesbc.ca, was representing itself as a means of voter registration with its "voter verification" system. It is a violation of the B.C. Election Act, Pederson noted, for individuals who are not voter registration officials to represent themselves as such.

"I think (the Liberals') complaint is a bit silly," said Michael Roy, communications officer with the B.C. NDP. "We're providing a service to help people register to vote in the HST referendum, not posing as voter registration officials."

Privacy laws dictate that information collected through the site must be kept secure, but those who used the "voter verification" system might receive materials from their party in the mail.

KYLE FARQUHARSON

News in brief

Woman charged in city homicide

VERNON DRIVE. Dustin Duke Brertton, 35, has been charged with second-degree murder after a man was found dead in her apartment in the 600 block of Vernon Drive Friday night, Vancouver police said.

Brertton is scheduled to appear in court on Aug. 4 for the death of 33-year-old Matthew John Blosser. METRO

Man nabbed in fatal hit-and-run

WHITE ROCK. A 19-year-old man has been arrested and charged in the hit-and-run death of a 56-year-old White Rock woman.

RCMP announced Kyle Brandon Danyliuk faces six charges. METRO

1 news

New research ties second-hand smoke to hearing loss in teens. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Can investors ever look forward again to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.

Follow us on Twitter @vancouvermetro

‘Our fiscal plan is working,’ Falcon says

DARRYL DYCK/THE CANADIAN PRESS

▶ Kevin Falcon

B.C. is one step closer to a balanced budget, Finance Minister Kevin Falcon said yesterday.

“We’ve seen stronger economic growth in B.C., suggesting consumer confidence has remained strong under the HST,” said Falcon. “This demonstrates our fiscal plan is working.”

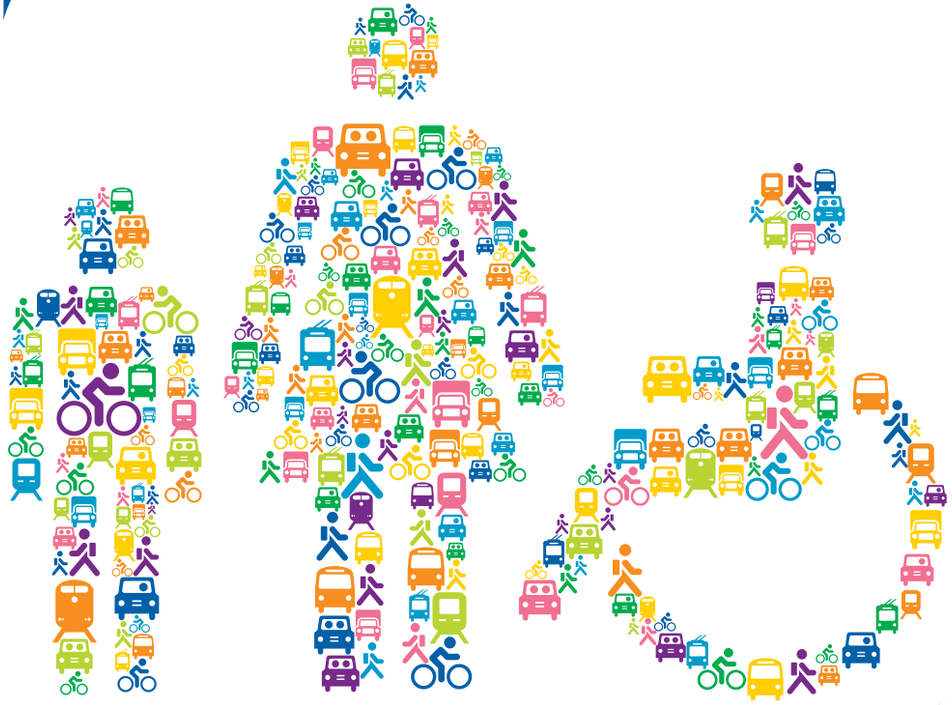
Falcon credits “fiscal prudence” and economic growth for the diminution of the provincial deficit, which is $309 million — lower than forecast for the 2010-11 fiscal year. The province’s total debt is now $45.2 billion.

Although the bills continue to mount, economic consultant Dr. Roslyn Kunin said the reduction in the deficit is a positive step.

“It’s like spending a little bit less than you used to on a credit card,” said Kunin, adding that lumber exports to China have played a significant role in stimulating economic growth.

KYLE FARQUHARSON

Tell us what you think about our proposed transportation improvements and how they should be funded.



An effective transportation network is vital to Metro Vancouver. It protects our quality of life, our environment and our local economy. We want to tell you more about the transportation improvements, which include the Evergreen Line, that were first proposed in the fall of 2010. More importantly, we want your input on the funding sources that would support these enhancements, which could be made throughout the region over the next few years.

Please join us online or by phone for an interactive webinar on Tuesday, July 19, 2011 at 7 p.m. when we’ll walk through the opportunities we have to improve our region’s transportation network now, and well into the future.

For more information, visit **bepartoftheplan.ca**.

Be part of the Plan

TRANSLINK

B.C. doctors see hope for HIV patients

Researchers see improved lifespan for infected people in Uganda

Doctors say treatment is working but challenges remain

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

A new study by HIV/AIDS specialists in B.C. paints an optimistic picture for patients undergoing HIV treatment in Africa.

Co-authored by members of the B.C. Centre for Excellence in HIV/AIDS (BC-CfE) and the University of British Columbia, the study analyzed subjects in Uganda, a country that was ravaged by AIDS throughout the 1980s and ’90s. The publication’s most significant revelation is that patients who receive combination antiretroviral therapy (cART) are able to enjoy a lifespan roughly 2/3 of that of the average uninfected Ugandan.

“We think these results are very generalizable, because the treatment that’s provided is the same as in almost all African countries,” said Dr. Edward Mills, the study’s principal investigator.

“The drugs … are doing the job,” Mills added. “Although the quality of the health-care system in Uganda is substantially different (compared to North America), we’re seeing similarly positive results.”

RCMP to probe death of man in police custody

Vancouver police have called in members of the RCMP’s Integrated Homicide Investigation Team (IHIT) to examine the death of a man in police custody Saturday night.

Though the investigation has yet to reveal an official cause of death, police say the 28-year-old subject was distraught, used a “household item” to inflict serious wounds to himself before officers could restrain him, and eventually died from his injuries.

“Anytime someone (dies) in police custody, or is interacting with police and perceived to be in police custody, then it’s investigated (by the RCMP),” said RCMP Sgt. Rob Vermeulen.

KYLE FARQUHARSON

News in brief

HST voting deadline nears

BALLOTS. British Columbians have until Friday to request HST referendum voting packages from Elections B.C. by calling 1-800-661-8683.

Completed ballots must be received by Elections B.C. before 4:30 p.m. Aug. 5. METRO

Arrest in Fusion Festival stabbing

ALTERCATION. An 18-year-old Surrey man has been arrested and will face charges of assault with a weapon after a 22-year-old man was stabbed during Surrey’s Fusion Festival Sunday. Police are still looking for three other men after an altercation began between a group of men who knew each other.

METRO

Windows® Life without Walls.™ Dell recommends Windows 7.

Summertime savings.

Savings up to $100* on select systems will start your summer off right. **You can tell it's Dell.**

The power to do more

Dell™ Inspiron™ 15

Fun. Functional. Affordable.

Starting Price ~~$529.99~~

$449.99* Total Savings $80*

E-Value™ Code: **33555-C15BP12**

- Intel® Core™ i3-380M Processor
- Genuine Windows® 7 Home Premium
- 3GB Memory*; 320GB* Hard Drive
- Built-in 1.3MP Webcam
- Intel® Centrino® Wireless-N 1000 Card
- 8X DVD+/-RW* Drive; 6-cell Battery

Also available with 4GB Memory* and a 500GB* Hard Drive for $479.99

Limited quantities. Available while supplies last.

15.6"

Our most popular systems ship in 48 hours.*

Ships Fast

Look for the Ships Fast logo for our most popular systems, and get them shipped within 48 hours (except weekends and holidays). Other restrictions apply.*

Thousands of possibilities. One simple choice

Stylish designs, trusted technology, expert support and shopping convenience. Get everything you need with Dell.

15.6"

Dell Inspiron 15R

Connect and share in style.

Starting Price ~~$599.99~~

$549.99* Total Savings $50*

E-Value™ Code: **33555-C15QP12**

As low as: $16/mo.*

- 2nd gen Intel® Core™ i3-2310M Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive
- Integrated Webcam with Microphone
- Wireless 802.11n/Bluetooth 3.0 combo Card
- 8X DVD+/-RW* Drive; 6-cell Battery

SWITCH by design studio

Black SWITCH lid comes standard. Optional SWITCH by Design Studio lids starting at $39.99*.

17.3"

Dell Inspiron 17R

Move over, desktop - this affordable laptop has everything you need.

Starting Price ~~$699.99~~

$599.99* Total Savings $100*

E-Value™ Code: **33555-C17QP12**

As low as: $17/mo.*

- 2nd gen Intel® Core™ i3-2310M Processor
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive
- 8X DVD+/-RW* Drive
- 6-cell Battery

SWITCH by design studio

Black SWITCH lid comes standard. Optional SWITCH by Design Studio lids starting at $39.99*.

23"

Dell Inspiron 620

Improve your view with an included widescreen monitor.

$799.99*

E-Value™ Code: **33555-CH62F12**

As low as: $22/mo.*

- 2nd Gen Intel® Core™ i5-2310 Processor
- Genuine Windows® 7 Home Premium
- 6GB* DDR3 Memory*; 1TB* Hard Drive
- 1GB* ATI Radeon™ HD 6450 DDR3 Graphics Card
- 16X DVD+/-RW* Drive
- Dell 1525 Wireless N Network PCIe Card
- Dell 23" widescreen flat panel monitor

Upgrade to 36 months of McAfee™SecurityCentre™ for **$99*.**

Garmin® Nuvi™ 1390/1390T 4.3-Inch Widescreen Bluetooth Portable GPS Navigator with Traffic Alerts

Starting Price ~~$259.99~~

$159.99* Total Savings: $100*

SKU: **A4087778**

Sony® Cyber-Shot DSC-H70 16.1 MP Digital Still Camera with 10x Wide-Angle Optical Zoom G Lens and 3.0-inch LCD - Black

Starting Price ~~$249.99~~

$229.99* Total Savings: $20*

SKU: **A4798457**

Better adaptive performance for an even more responsive PC experience. The 2nd generation Intel® Core™ i5 processor delivers visibly smart performance with a boost.

Shop now ▸ **Dell.ca/deals or 866-409-7876**

Offers valid 7/15 - 7/21/2011, unless otherwise noted.

[1]48-MONTH INSTALLMENT PLAN ("Plan"): 48-Month Installment Plan ("Plan") offered through Dell Financial Services Canada Limited ("DFS"), a separate entity, to qualified customers approved by DFS in its sole discretion. Minimum transaction amount of $499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan interest rate of 13.99% per year and an advance equal to the advertised price for a specific product configuration. Interest rates and monthly payments under the Plan will vary, depending on amount advanced and customer's creditworthiness. Representative example of a Plan: $999 advanced @ 13.99% per year: $27.29 monthly payment, total payable is $1309.92, total cost of borrowing is $310.92. Terms subject to error and change without notice. Please contact Dell for more details. ***PRICES/ORDERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. ***PRICES/ORDERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **ERRORS:** Prices, offers, configurations and any other information in this material is subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typography, photography, pricing, posting or other errors. **SHIPS FAST:** Systems are generally delivered faster than Dell's built-to-order systems. **ORDERS:** Advertised offers are not combinable with any other offers (i.e. limit 1 offer per eligible system). Dell reserves the right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. **AVAILABILITY:** Certain products, configurations, colours and/or patterns may be limited in availability. **CUSTOMER TERMS AND CONDITIONS:** All purchases are subject to Dell's Customer Agree mentor Dell's standard terms of sale, Dell's limited hardware warranty terms and the applicable Dell or third party service agreement. Copies available on request or at "http://www.dell.ca". **CD/DVD/BLURAY BURNERS:** Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. **GRAPHICS AND SYSTEM MEMORY SDRAM:** Significant system memory may be allocated to support graphics, depending on system memory size and other factors. **HARD DRIVES:** GP means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. **LAPTOP WEIGHTS:** Weights vary depending on configuration and manufacturing variability. **INTEL:** Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. **OTHER:** All other trademarks are the property of their respective owners. © 2011 Dell Inc. All rights reserved. The example organizations, products, domain names, e-mail addresses, logos, people, places and events depicted herein are fictitious and no association or connection there with is intended or inferred.

intel inside™ CORE™ i5 Visibly Smart

CONTRIBUTED

▶ A couple of first-time filmmakers have successfully used a grassroots fundraising drive to finance a documentary about Vancouver Whitecaps captain Jay DeMerit's incredible rise from obscurity to the World Cup.

Jay DeMerit Story hits fundraising goal

▶ $215K raised through Kickstarter campaign ▶ Cash to be used for licensing fees and to finish documentary

MATT KIELTYKA
@METRONEWS.CA

Like the man himself, the Jay DeMerit Story has overcome financial hardship and persevered to move on to great things.

The filmmakers of The Jay DeMerit Story: Rise and Shine successfully raised $215,000 through an online Kickstarter campaign, which means the documentary on the Whitecaps captain will soon be distributed to a mass audience.

Nick Lewis said he expected fundraising to go down to yesterday's deadline, but a strong surge of donations last week meant that the film met its financing goal by Friday.

"It's pretty amazing how it happened," the first-time filmmaker from San Diego said. "When we got close, all the people who had put in money got on board and pushed to get more people involved. It felt like a real group effort."

The unfinished film tracks DeMerit's career from his upbringing in Green Bay, his struggles in beer-league football in England to finally bursting on the scene as a late-comer in the English Premier League for Watford and the FIFA World Cup.

With funding secured, Lewis said his team can now afford the licensing costs to show footage of DeMerit playing for the U.S.A. in the World Cup. They'll also hire a professional editor to wrap up production. After that, Lewis said the plan is to get the film to as wide an audience as possible.

"It's such an inspiration story that it goes beyond soccer fans. I think anyone can gravitate to Jay's story," Lewis said.

WagJag.com DEAL OF THE DAY!

$175 FOR 5 1-HOUR FILM & TELEVISION TECHNIQUE COACHING SESSIONS (REG. $400) AT WESTCOAST ACTORS STUDIO

HIGHLIGHTS
- Actors of all ages and experience are welcome
- Launch your career as a professional actor in film and television
- Select a monologue, learn how to slate, cold-read and audition on-camera for commercials, film and television

Regular Price: $400.00
You Save: $225.00
Discount: 56%

Buy For: $175

CURRENT DEALS

Buy For: $5

$5 FOR $10 WORTH OF FOOD AND DRINK AT EH RESTAURANT

HIGHLIGHTS
- Locally-sourced cuisine made with an international flavour
- Open Monday to Friday for breakfast, lunch and dinner
- Menu features wings, burgers, sandwiches, salmon, steak and more

Buy For: $35

$35 FOR A $75 CREDIT TO DERMASTORE.CA

HIGHLIGHTS
- Top of the line products for your face, body, makeup, men's products, hands, feet, sun, teeth, hair, kits, accessories and more
- Free samples with every purchase

Visit: WagJag.com

Hurry to WagJag.com to purchase local deals before time runs out.

Don't quite get it yet? Visit WagJag.com

Follow us on:

facebook.com/wagjag
@wagjagvancouver

Cell-sex case to resume in September

The case of three RCMP officers and a civilian jail guard facing charges of breach of trust for allegedly watching two women have sex in a Kamloops jail cell will return to court this September.

None of the accused appeared in person at a brief hearing yesterday.

Cpl. Rick Brown, Const. Even Elgee and Const. Stephen Zaharia, along with jail guard David Tompkins, were charged for allegedly watching the women via closed circuit TV and failing to intervene.

Both women were in custody for public intoxication, and police have said the investigation looked at whether the women were too drunk to consent to sex. THE CANADIAN PRESS

News in brief

Man charged in break-in

A 30-year-old man has been charged with break-and-enter and theft after police identified him through fingerprints in a condo in Maple Ridge. Police allege Ryan Tyler Young broke into an apartment and ran out after the owner woke up and confronted him. METRO

New finding in flu vaccines for children

A new study by the B.C. Centre for Disease Control shows giving children a full dose of flu vaccine instead of the current two half-doses improves protection from influenza. METRO

Switch and earn bonus interest on your savings.

Earn **2%** ON NEW BALANCES[1] **LIMITED TIME**

The **CIBC** eAdvantage™ Savings Account

Whether you have short or long-term goals, the CIBC eAdvantage Savings Account can help you reach them sooner. Take advantage of a high interest rate when your balance is $5,000 or more. You'll have free online transfers to your other CIBC personal bank accounts and the convenience of being able to manage your savings online 24/7.

Conditions apply. Visit any branch, **cibc.com/moremoney** or call **1 800 465-CIBC (2422)**.

CIBC

For what matters.

[1]This is a combined bonus and regular annual rate paid when the account balance is $5,000 or more. The bonus and/or regular rates may change at any time without prior notice. How it works: The regular rate is calculated on the full daily closing balance (when balance is $5,000 or more). In addition, on days when the closing balance exceeds the closing balance on Jan. 31/11 (the difference between the two balances is a "New Balance"), the New Balance earns a bonus rate for that day. Offer expires Sept. 30/11. Interest is paid monthly. Other conditions apply, so ask in branch or see cibc.com for full terms and conditions. ™Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

Family runs 600 km, raises $22K

A family that ran 600 kilometres from Vernon to Vancouver has raised $22,000 for cancer research.

Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later.

They have exceeded their goal of raising $20,000, with cash from a text-to-donate number still coming in.

The children's mother, Natalie Preston, says the money will be tallied in about a month.

The run was the idea of one of the children, who was inspired by Terry Fox's cross-country Marathon of Hope in 1980.

One of the family's relatives and a teacher also died from cancer.

THE CANADIAN PRESS

Big win, Large heart: Jackpot donor dies

MICHAEL GORMAN/THE CANADIAN PRESS

▶ Allen and Violet Large after their win in 2010

A Nova Scotia woman who made headlines around the world for giving away most of a multimillion-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won $11.2 million in a Lotto 6/49 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were content to continue living in their tiny 147-year-old house.

They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away.

"We have each other — that's the main thing," Violet Large said in an interview in November.

Last month, the Larges were named individual philanthropists of the year by the Maritime Philanthropy Awards.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Dr. Clare Atzema

Married men seek heart treatment faster: Study

It's suggested that wives played a key role in urging their husbands to get to a hospital

Men who are married or in a common-law relationship are known to enjoy a lot of health perks compared to single men. And new research suggests that includes getting to hospital sooner for a suspected heart attack.

A study of more than 4,400 Ontario heart-attack patients found that 75 per cent of men with live-in spouses who had chest pain sought emergency care within six hours of their first chest pain, compared with 68 per cent of single and divorced patients and almost 71 per cent of widowed patients.

But for women suffering chest pains, having a live-in partner made no difference in arrival time compared with women without spouses, said lead author Dr. Clare Atzema, an emergency department physician at Sunnybrook Health Sciences Centre in Toronto.

"So we think it's related to the caregiver role," Atzema said. The study appears in this week's issue of the Canadian Medical Association Journal.

It may be that women are more likely to take the caregiver role in the relationship and advise their spouse to seek care earlier, Atzema said, whereas men may be allowing women "to do that for themselves."

However, married men in the age group studied — late 60s and 70s — have traditionally not taken the caregiver role that would see them urging their wives to get to hospital quickly.

Atzema also pointed out that males on the whole don't tend to seek a doctor's care for any number of health issues, compared with women.

"I think probably the married men wouldn't, too, if they didn't have someone there encouraging them," she said. "It's like asking for directions, it's not just their sort of role to do it."

THE CANADIAN PRESS

BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church in Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009.

It is a member of the Lutheran World Federation, the Canadian Council of Churches and the World Council of Churches.

THE CANADIAN PRESS

Drinking tea with killer pirates

Toronto author, 27, lived with parents before first visit to Africa Book released today in the U.S.

The pirates were nervous. A rookie author — a white man from Canada — had unexpectedly arrived in their cliff-top Somali village to ask about the captured ship anchored offshore.

Locals fearing a showdown quietly melted away into a small collection of shacks.

The encounter with the deadly gang forms the final chapter of The Pirates of Somalia: Inside Their Hidden World, a first-of-its-kind book that saw Toronto-born author Jay Bahadur live among the pirates.

"They were paranoid beyond belief. They thought I was a CIA agent," the tall, softly spoken writer told The Associated Press. "I thought they were going to shoot us."

Sweating with heat and nerves, Bahadur questioned the pirates and secretly filmed them before being whisked off by his own gang of armed bodyguards.

Bahadur spent months in Somalia at a time when pirate attacks were skyrocketing in both frequency and violence. His book takes readers through the evolution of the pirate groups from garrulous, self-proclaimed vigilantes who claim they are protecting Somalia's waters from illegal fishing vessels to the deadly criminal gangs they are today.

The author had never been to Africa before.

"I was frantically making friends on the plane and I was going to beg one to take me home if no one was there," he said.

But the bodyguards he had arranged for picked him up, and after a few shaky starts Bahadur is calling on pirates at home, wearing local robes, sharing tea and indulging in local pastimes such as chewing on narcotic khat leaves.

In a trip to the pirate stronghold of Eyl, Bahadur finds pirates who are afraid of phantom U.S. navy divers and believe in psychic powers. He also finds that many widely held beliefs about pirates are wrong, including allegations that they are controlled by international criminal cartels, have alliances with Islamist rebels or use sophisticated intelligence networks. Such assumptions help shape the multibillion-dollar fight against piracy.

THE ASSOCIATED PRESS

JASON R. ZALASKY/U.S. NAVY/GETTY IMAGES FILE

▶ Somali pirates head for shore in this file photo. Toronto-born author Jay Bahadur spent months interviewing pirates for his book, The Pirates of Somalia: Inside Their Hidden World.

World wishes Mandela a happy 93rd birthday

Former president Nelson Mandela spent his 93rd birthday with friends and relatives in his rural hometown yesterday, as South Africans paid tribute to the anti-apartheid icon through song and community service projects.

Millions of South African schoolchildren began their day by singing a special version of Happy Birthday to Mandela, leading a worldwide chorus of birthday wishes.

U.S. President Barack Obama called Mandela "a beacon for the global community, and for all who work for democracy, justice and reconciliation."

South Africa's current president, Jacob Zuma, also paid a visit to Mandela in his home village of Qunu, some 1,000 kilometres south of Johannesburg.

People around the world were asked to mark his birthday by giving 67 minutes of their time to work in their local community — one minute for every year of Mandela's public service.

PETER MOREY PHOTOGRAPHIC/THE ASSOCIATED PRESS

▶ Former South African president Nelson Mandela, with his ex-wife Winnie Madikizela-Mandela, on his right, watch as extended family look at Mandela's birthday cake in Qunu yesterday.

He became South Africa's first black president in 1994 after spending 27 years in prison for his fight against racist apartheid rule, and was awarded a Nobel Peace Prize for his efforts.

Nazly Mayet, a Johannesburg mother of four, brought her children to a local community hall after school to play with disadvantaged children from nearby shelters.

"Being South African means volunteering your time on Mandela Day," she said.

Mandela is "the person that represents our freedom, opportunities for everyone ... He seems quite fragile, but his spirit will live forever," Mayet said.

THE ASSOCIATED PRESS

Another cop quits in hacking scandal

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Scotland Yard's assistant commissioner resigned yesterday, a day after his boss also quit, and fresh investigations of possible police wrongdoing were launched in the phone-hacking scandal that has spread from Rupert Murdoch's media empire to the British prime minister's office.

Prime Minister David Cameron called an emergency session of Parliament on the scandal and cut short his visit to Africa to try to contain the widening crisis. Lawmakers today are to question Murdoch, his son James and Rebekah Brooks, the former chief executive of Murdoch's U.K. newspaper arm.

Murdoch shut down the News of the World tabloid after it was accused of hacking into the voice mail of celebrities, politicians, other journalists and even murder victims.

The crisis has roiled the upper ranks of Britain's police, with yesterday's resignation of Assistant Commissioner John Yates, Scotland Yard's top anti-terrorist officer, following that on Sunday of police chief Paul Stephenson over their links to Neil Wallis, an arrested former executive from Murdoch's shuttered tabloid whom police had employed as a media consultant.

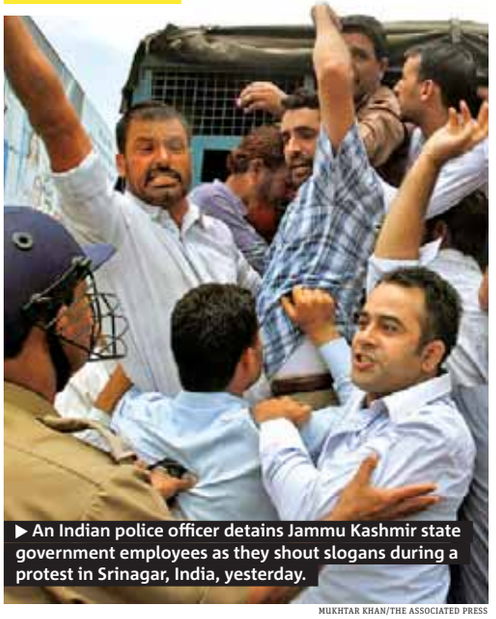
Yates said he had done nothing wrong.

THE ASSOCIATED PRESS

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. India



▶ An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS

Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her.

THE ASSOCIATED PRESS

NOW OPEN
in British Columbia

1 855 363 6735
discountcruises.ca

discount cruises.ca
the world's cruise experts

Receive
$100**
Future Travel Credit when you book any cruise before July 31st.

Caribbean & Mexico

Southern Caribbean
7-Night Cruise
from USD
$359
+ taxes & fees USD $68
FEATURES St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails roundtrip San Juan. Interior Stateroom.

Bahamas 4-Night Cruise from $190 + taxes & fees $100
FEATURES Freeport and Great Stirrup Cay. Sails roundtrip Miami. Interior stateroom.

Mexican Riviera
7-Night Cruise from USD $354 + taxes & fees USD $97
FEATURES Cabo San Lucas (overnight) and Puerto Vallarta. Sails roundtrip Los Angeles. Interior Stateroom.

Western Caribbean
7-Night Cruise from USD $369 + taxes & fees USD $99
FEATURES Cozumel, Belize, Roatan and Grand Cayman. Sails roundtrip Miami. Interior stateroom.

Eastern Caribbean
7-Night Cruise from USD $423 + taxes & fees $117
FEATURES Roatan, Belize, Costa Maya and Cozumel. Sails roundtrip Tampa. Interior stateroom.

Cruises

Transatlantic
13-Night Cruise
from USD
$499
+ taxes & fees USD $84
FEATURES Madeira, Lanzarote, Gran Canaria, Tenerife and St Thomas. Sails from Malaga to San Juan. Interior stateroom.

Canada & New England
7-Night Cruise from $455 + taxes & fees $154
FEATURES Sydney, Halifax, Saint John and Portland. Sails roundtrip New York. Interior stateroom.

Asia 9-Night Cruise from USD $700 + taxes & fees USD $116
FEATURES Cheju Do, Vladivostok, Otaru (overnight) and Fukuoka. Sails roundtrip Shanghai. Interior stateroom.

South America
7-Night Cruise from USD $729 + taxes & fees USD $163
FEATURES Salvador, Buzios, Ilhabela and Santos. Sails roundtrip Rio de Janeiro. Interior stateroom.

Panama Canal
10-Night Cruise from USD $899 + taxes & fees USD $298
FEATURES Aruba, Cartagena, Panama Canal (cruising), Colon, Limon and Grand Cayman. Sails roundtrip Fort Lauderdale. Interior Stateroom.

Pacific

Pacific Coastal
5-Night Cruise
from USD
$399
+ taxes & fees USD $107
FEATURES San Francisco and Victoria. Sails from San Diego to Vancouver. Interior stateroom.

Alaska 7-Night Cruise from USD $599 + taxes & fees USD $89
FEATURES Colege Fjord (cruising), Glacier Bay (cruising), Haines, Juneau, Ketchican and Inside Passage (cruising). Sails from Seward to Vancouver. Interior stateroom.

Hawai'i 10-Night Cruise from USD $1039 + taxes & fees USD $75
FEATURES Hilo, Kona, Maui and Kauai. Sails from Vancouver to Honolulu. Interior stateroom.

South Pacific
14-Night Cruise from USD $1199 + taxes & fees USD $221
FEATURES Coromandel Peninsula (cruising), Bay of Plenty (cruising), Rotorua, Napier, Wellington, Picton, Dunedin, Fjordland National Park (cruising), Burnie & Melbourne. Sails from Auckland to Sydney. Interior stateroom.

Lowest Cruise Price Guarantee
SAIL FREE
We will beat any cruise quote or you will Sail Free.

Conditions apply. Ex: Vancouver. All prices in CAD unless otherwise stated. Prices are per person based on double occupancy and do not include airfare unless otherwise stated. Taxes & fees include transportation related fees, GST/HST, fuel supplements and port related fees and are approximate and subject to change. Fuel surcharge may be additional. Prices are for specific dates and subject to availability. Prices are accurate at time of publication and may change without notice, errors and omissions excepted. **Book any cruise stateroom before 31 July, 2011 and receive a $100 travel credit per stateroom, for use on future bookings made in person at Discount Cruises White Rock. Voucher must be redeemed at Discount Cruises location specified above. Voucher is valid on new bookings only. Vouchers are transferable. Voucher cannot be redeemed for cash. Voucher is not valid in conjunction with any other special offer or discount. Discount Cruises reserves the right to verify against original purchase. Expires 31 July, 2012. ◊We will beat any written quoted cruise by $1 and give you a $50 voucher for future travel. "Sail Free" offer applies only where all "Lowest Cruise Price Guarantee◊" criteria are met but a discountcruises.ca retail shop does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.discountcruises.ca/lowestcruisepriceguarantee-sailfree.CPBC Reg #55477

Canada back on track with China

Relationship has solid footing but more work to be done: Analysts Tories criticized for letting ties slip

ANDY WONG/THE ASSOCIATED PRESS

▶ Foreign Affairs Minister John Baird is greeted by his Chinese counterpart Yang Jiechi during his visit to China's Foreign Ministry office in Beijing yesterday.

Foreign Affairs Minister John Baird says relations with China continue to improve and he hopes for increased investment and trade in the future.

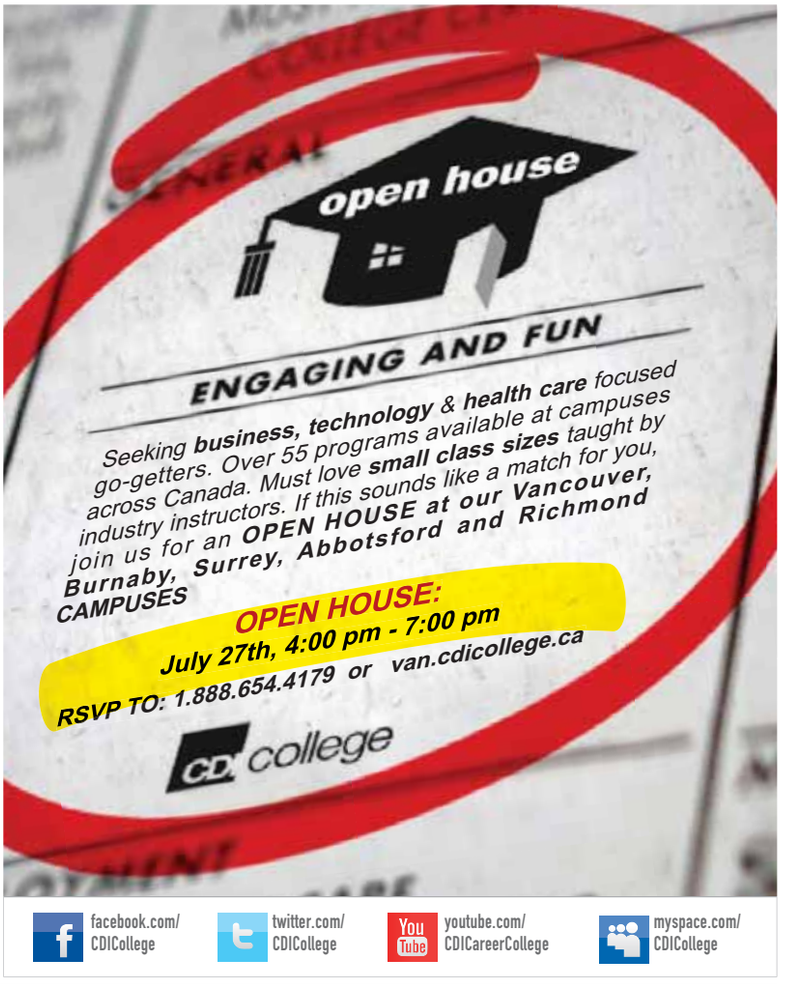
Baird is in Beijing on his first visit to China as foreign minister. He says he discussed trade, investment and human-rights issues during his meeting with Yang Jiechi, his Chinese counterpart.

The situation between China and Canada has improved in the last two years, but analysts say that progress has simply healed the wounds inflicted by the Tories between 2006 and 2009.

"We're basically back to where Canada was in 2005, trying to make sense of what a strategic partnership with China might be," said Paul Evans, an Asian issues expert at the Liu Institute for Global Issues in Vancouver.

Baird said he sees engagement and discussion as the keys to continuing to improve relations between the two countries.

THE CANADIAN PRESS


open house
ENGAGING AND FUN
Seeking business, technology & health care focused go-getters. Over 55 programs available at campuses across Canada. Must love small class sizes taught by industry instructors. If this sounds like a match for you, join us for an OPEN HOUSE at our Vancouver, Burnaby, Surrey, Abbotsford and Richmond CAMPUSES
OPEN HOUSE:
July 27th, 4:00 pm - 7:00 pm
RSVP TO: 1.888.654.4179 or van.cdicollege.ca
CDI college
facebook.com/CDICollege
twitter.com/CDICollege
youtube.com/CDICareerCollege
myspace.com/CDICollege

ROGERS JULY HANDSET SALE
THE HOTTEST SMARTPHONES
NOW ON SALE
Sony Ericsson
XPERIA
Right now, save an additional $50* off our already low prices on a huge selection of the hottest smartphones.
HURRY! OFFER ENDS JULY 31.
Visit a Rogers Store today!
ONLY FROM ROGERS

Offer ends July 31, 2011. Subject to change without notice. *Only available in-store with purchase of eligible smartphone (including those above) and new activation on 3-yr. term voice and data plan. Early cancellation fees apply. Savings applied (point of sale at Rogers Plus stores, bill credit at Rogers Authorized dealer stores) against device purchase price up to max. $50 (not to exceed device purchase price). See in-store for full details. ©2011

RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Finance ministers first agreed to examine the potential for the plans, called PRPPs, at a December 2009 meeting on pensions in Whitehorse, as part of a report that noted Canadians may not be saving enough for their retirement.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans. Potential tax changes to accommodate those plans would be developed and implemented by the federal government.

THE CANADIAN PRESS

DAVID COOPER/TORSTAR NEWS SERVICE

▶ TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	Natural gas 1,000 cu ft
- 0.50¢ (104.29¢ US)	$4.524 (+ 1¢)
	Gold contracts
	$1,602.40 (+ $12.30)
Oil	TSX
- $1.31 ($95.93 US)	- 45.40 (13,254.14)

T.O. top performer: Report

Kitchener, Ont., Winnipeg, Regina and Montreal also score high

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, Ont., ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubled from the same period last year. Population growth is also among the highest in Canada.

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres.

Montreal topped CIBC's previous ranking but slipped to fifth.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth.

THE CANADIAN PRESS

RBC Royal Bank®

Need to send money overseas?
RBC International Remittance® makes it:

- **Fast.** Complete your online transfer in less than 5 minutes.
- **Easy.** Screen prompts walk you through each step.
- **Secure.** With the RBC® Online Banking Security Guarantee[1].
- **Affordable.** Just C$13.50 per transaction[2].

Learn more about RBC International Remittance® at rbc.com/remitfunds

Advice you can bank on.™

[1] If an unauthorized transaction is conducted through your RBC Online Banking service, you will be reimbursed 100% for any resulting losses to those accounts. For a definition of an unauthorized transaction and for full details regarding the protections and limitations of the RBC Online Banking Security Guarantee, please see your Electronic Access Agreement. This guarantee is given by Royal Bank of Canada in connection with its Online Banking service.
[2] Maximum of $2,500 Canadian or Canadian equivalent dollars per transaction per 24 hour period. Additional service fees by any intermediary and receiving bank may apply. Currency conversion fees may also apply.
® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.
™ Trademarks of Royal Bank of Canada.

HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO

After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green
August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to Ikea have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

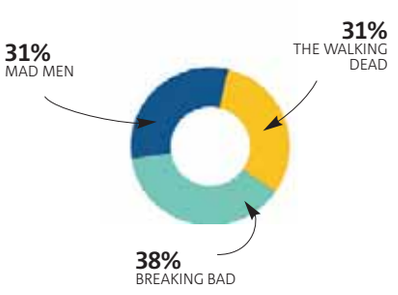
It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Local tweets

Burst of sunshine throws gloomy Vancouver for a loop.

- **@CityCaucus:** Coun. George Chow bailing from Vision Vancouver to run for BC NDP. Leaving a sinking ship? Or a great opportunity?
- **@alionthefly:** Wait, what's that in the sky? No, is it...could it be....the SUN??! #Vancouver
- **@Lady_Chisuzi:** There is no such thing as #summer in Vancouver....
- **@thisispresh:** I put on my rain jacket and left work, only to walk outside and it be sunny. "Wtf is this?" #vancouver
- **@DrMoiraStilwell:** Today welcomed 3000 mathematicians to #Vancouver- what are the odds?
- **@timmywong11:** yay for summer-looking weather? unfortunately, it will be followed by 5 days of rain and 2 days of snow. #vancouver #bummersummer
- **@benalley:** Never mind Vancouver, apparently you can be sunny. Well played.
- **@mytraveljob:** Like Vancouver's sun "You're hot and cold. You're in and then out." - #KatyPerry #indoorfun

Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

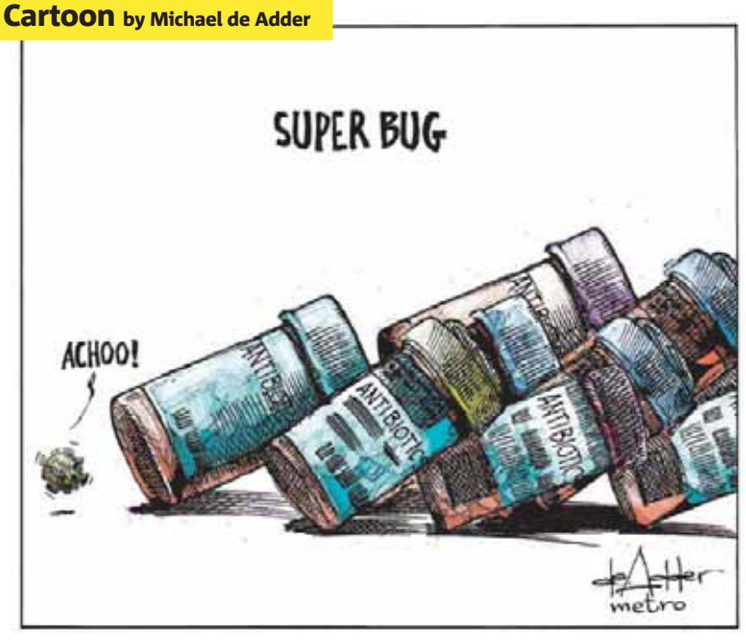
The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist —21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than $20,000 US.

THE ASSOCIATED PRESS

metro
METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Publisher** Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

2 scene

Ja Rule sentenced

Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court.

"I was a young man who made a lot of money — I'm getting a little choked up — I didn't know how to deal with this and didn't have people to guide me, so I made mistakes." THE ASSOCIATED PRESS

Charlie Sheen to return in new sitcom based on the film Anger Management

Chris Evans vs. the world

Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

Chris Evans know his life is changing, and he's been trying to prepare for it.

With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

HANDOUT

▶ Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

So now that the big week is here, how has it been?

It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?

If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?

I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...

I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice.

He's the best, man. He's given me a few pieces of wisdom. I've talked to him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?

(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?

Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

DVD Releases

Buy it ●●●●● | Rent it ●●●●| Borrow it ●●● | Yawn ●● | Don't bother ●

Rango

Genre: Animated
Director: Gore Verbinski
Stars: Johnny Depp, Isla Fisher, Timothy Olyphant
●●●

Just reading the ingredients of Rango's strange stew is enough to leave you as goggle-eyed as Johnny Depp's title lizard, a reptilian thespian lost in a Wild West burgh called Dirt.

You could imagine director Gore Verbinski and the resourceful Depp hatching Rango around a campfire or bong. The film is a combo western parody and Chinatown homage, by way of a Hunter S. Thompson drug hallucination and Roald Dahl adventure, with hat tips to The Wizard of Oz, Apocalypse Now, 2001: A Space Odyssey and other film milestones.

Rango is not really for children, despite the vivid animation by Industrial Light & Magic, which now seeks to challenge Pixar and DreamWorks. There are some scary things in it, notably a vicious serpent called Rattlesnake Jake, and the tale runs a tad long at 107 minutes.

But braver and more pop-savvy older kids will find it all a hoot — and so will adults. ● PETER HOWELL

Limitless

Genre: Sci-fi
Director: Neil Burger
Stars: Bradley Cooper, Robert De Niro
●●½

Limitless is all about pushing limits, and more than just the super genius IQ that Eddie Morra (Bradley Cooper) acquires through an experimental drug.

Directed by Neil Burger (The Illusionist), the film makes some dumb moves, but overall it's smart entertainment that even manages to make co-star Robert De Niro sound fully engaged.

Imagine if you could remember everything you've seen, heard and learned in your life, immediately summoning it with boundless energy.

All thanks to the mysterious NZT, delivered via a pill that looks like a clear button. It transforms Eddie from a down-and-out writer into a Wall Street winner. ● PETER HOWELL

Bieber, Gomez: Wedding crashers

Couple surprises guests at a Malibu wedding over the weekend

GETTY IMAGES

▶ Justin Bieber and Selena Gomez

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

METRO

Kate to visit Queen in Scotland

GETTY IMAGES

▶ Princess Katherine

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending time with Queen Elizabeth in Scotland at the end of August, according to the Telegraph.

"This is quite an important visit for Kate because, believe it or not, the Queen does not really know her very well at all," a source says.

"Kate has never had an invitation before to stay at Balmoral, but she is family now and the Queen wants to get to know her. The Queen needs to present Kate to Scotland. The time has come."

METRO

PSSST... DOWNLOAD YOUR FREE METRO ANDROID APP HERE

Android is a trademark of Google Inc.

Glee's Colfer finds out fate on Twitter

Glee star Chris Colfer had to find out that the show's upcoming season would be his last via Twitter.

The series' boss, Ryan Murphy, announced last week that the third season will end with several main characters graduating, only apparently forgot to tell the actors.

"I didn't necessarily know that it was going to be our last season next year," Colfer tells Access Hollywood. "I knew something like that was coming up eventually. I mean, we can't be there forever." METRO

Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of — and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper."

METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting."

METRO

Daniel Radcliffe

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. "Q'Viva, the hotly anticipated 2012 celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced," a rep for the show's production company tells Us Weekly. "Both Jennifer and Mark are committed to the Q'Viva project and will work on it as planned. The show goes on."

METRO

Celebrity tweets

"220 lbs this morning, started at 236.4 lbs"

@russellcrowe

@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman

"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"

@nicolerichie

"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

3 life

Fitness pick

Urbanears headphones
With the ear click solution securing the ear piece at two points, you can go cycling in the park or running along the beach without having to constantly fix your headphones back in place. MWN

URBANEARS
$60.00
urbanears.com

Married men more likely to get checked after heart attack scare

ISTOCK PHOTO

▶ You no longer need to worry about eating before you swim.

Eat up and dive in

Dispelling the myths surrounding swimming and chowing down ● University swim coach encourages his team to fuel up before their workouts ● Veggies, fruit and dairy help muscles

CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the current men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training. They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle.

Vegetables and fruit, grains, and dairy products fuel active muscles during workouts.

Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

Benefits

Here are some benefits of swimming listed by Dietitians of Canada at eatracker.ca.

- **Improves cardiovascular fitness**
- **Improves flexibility**
- **Increases range of motion**
- **Reduces stress**
- **Provides a moderate-intensity aerobic activity, which helps prevent obesity and other chronic diseases**

CELIA MILNE

MedicAlert is going high tech

Innovations assist paramedics when helping patients • Mobile apps and USB keys among new tech

DAVE CHIDLEY/THE CANADIAN PRESS

▶ New technologies are helping MedicAlert better deliver information to first responders.

It's a decidedly low-tech method responsible for saving countless lives across the country.

But as it marks 50 years in use in Canada, the MedicAlert system is beginning to have high-tech applications.

MedicAlert began in the United States in 1953 as a scrap of paper pinned to a child's coat after she almost died from an allergic reaction to a tetanus shot.

It was brought to Canada in 1961 by Dr. Maureen Roberts, a Halifax pediatrician.

Since then it has morphed into a line of over 100 products, all featuring the iconic modified caduceus emblem, but the premise remains the same: giving people with complicated medical conditions a way to communicate with paramedics in case of a medical emergency.

The MedicAlert foundation estimates there are over a million users of the system in Canada. They pay a yearly membership fee and also the cost of the bracelet, anklets or other device.

Over the years, other options have emerged for people looking to find a way to store crucial medical information.

MedicAlert-style tattoos are growing in popularity, and the high-tech revolution hasn't exactly passed the idea by.

There are dog-tags fitted with USB keys to hold the data and applications for BlackBerrys and iPhones.

But there is a reason the bracelet system has endured, said J.P. Trottier, public education information officer for the Ottawa Paramedic Service.

"Technology fails sometimes, computers don't work, they don't boot up, scanners don't work," he said.

"So you know what, (MedicAlert) is low-tech, but it works."

Still, MedicAlert is expanding into the digital realm, not by changing the bracelets but how the information they link to can be used.

When someone subscribes to the system, they create a computerized file that contains all the data they'd like medical professionals to know in case of an emergency, often going farther than the few words they can inscribe on their bracelet.

A pilot project is ongoing in Nova Scotia that allows paramedics wireless access to that file via a tablet computer in their ambulance. By the time they arrive on the scene, they already know everything about the person they are there to see and meanwhile MedicAlert staff have phoned the person's emergency contact. **THE CANADIAN PRESS**

SLIM DOWN!
SHED A POUND A DAY!
LOSE IT FAST HCG DIET
LOSE UP TO A POUND A DAY!
LOSE IT FAST HCG DIET !!
HCG DIET!!
4 fl oz (120 ml.)
Lasts up to 6 weeks!!
✔ Our product can help control your hunger by releasing fat.
✔ Our product helps resets your hypothalamus so that your weight reduction is long term.
✔ Our product can help re-sculpt your body by tightening up skin when weight is lost.
CONTAINS: Purified water and ancient sea salts that are electromagnetically encoded with HCG's frequency signature. Our product contains absolutely no HCG hormone.
Mention this ad and receive $20.00 Off!!!
CONTACT: Breanna Watkins Cell # 778-987-4456
www.hcgslimdowndiet.com

Of delicious bread & charm

Nelson the Seagull serves up ciabatta bread that beats dessert — really

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

If you think the name is cute, just wait until you see the café. Nelson the Seagull is Gastown's new hotspot, and it's worthy of regular visits. The three impassioned South African owners are on the green train. Food served in their quaint, dimly lit space — including an exposed kitchen built on a concrete floor they laid themselves — is local and organic.

Bread is their focus. The ciabatta, which could almost pass for sourdough, is spongy and incredibly moist with a crunchy crust. It can only be described as heavenly. Customers are pleading that it be on sale for the masses.

The café's sandwiches require monster bites. The bread is cut thick. Pictured is the Carnivore ($9), with long slabs of creamy Boerenkaas cheese, light cilantro pesto, and a heaping handful of soft, marbled pastrami. In three words: It was perfect.

As for ambiance, the 1970s hit The Seagull's Name Was Nelson lends to the vibe of Carrall Street's latest addition: lazy, leisurely, soothing.

Nelson the Seagull
315 Carrall St.
nelsontheseagull.com
Reservations: No
Social lunch: Yes
Licensed: No
Price range: $5 - $10
Rating: 5 out of 5

ERIN IRELAND

▶ Carnivore Sandwich ($9) and Grainy Salad with Quinoa and Cherries ($2).

THE CANADIAN PRESS H/O

Thai Chicken Burger

Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1 In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to taste. **THE CANADIAN PRESS/ SOBEYS COMPLIMENTS BALANCE**

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

SOAR TO NEW HEIGHTS AT VANCOUVER CAREER COLLEGE
HEALTH CARE, BUSINESS, LEGAL, ART & DESIGN AND MORE ...
OPEN HOUSE
EVENT LOCATIONS: ABBOTSFORD, BURNABY, COQUITLAM, KELOWNA, SURREY, VANCOUVER
July 27, 2011 | 4:00PM - 7:00PM
RSVP TO: 1.866.306.6766 OR learn.vcccollege.ca
VANCOUVER CAREER COLLEGE
FACEBOOK.COM/VANCOUVERCAREERCOLLEGE
TWITTER.COM/VCCOLLEGE
YOUTUBE.COM/VCCOLLEGE

Fireworks Dinner Cruises
This year celebrate the spectacular firework shows with an evening of fine dining, dancing and a grandstand view of the fireworks display.
from: $94.95 per person plus grats and GST
PRIDE OF VANCOUVER CHARTERS LTD
604-687-5533 • www.vancouvercharters.com

Job Options BC
PACT Employment Services
Do you have depression or anxiety?
5 weeks - In-Class & in the Community
- Weekly participant training allowances
- Learn job search skills
- Workshops (focus on wellness & employment skills)
- Access brief training (WHMIS, First Aid, Super Host)
- Individual employment counselling

5 weeks - Work Experience
- Gain valuable experience & improve work reliance
- Eligibility – Non- EI and 18+

pactjoboptionsbc@gmail.com
Funding provided through the Canada-British Columbia Labour Market agreement
Canada BRITISH COLUMBIA

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

ASK FOR A RAISE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Get ready to ask for a raise. Even an extra $1,000 can help you build your net worth.

According to the Society for Human Resource Management, 33 per cent of people say they're freaked out about salary negotiations, so they don't pursue it. Yet 80 per cent of recruiters and managers are willing to negotiate.

Step 1: Stick to the facts

Research comparable salaries for comparable jobs where you live. Use websites like Monster.ca, Workopolis, or Payscale.com.

If you belong to an association or alumni group, check whether they've got research on salaries and benefits you can review.

Salary is only one part of a total compensation package — there are other factors to consider such as benefits, stock options and retirement plans.

Tip 2: Set Goals

Once you've got your facts straight, set a realistic goal before you go in for negotiations. Perhaps you want a raise of three to five per cent. Or you may wish to focus on an actual number like $5,000.

Tip 3: Negotiate

Don't barge into your boss's office asking for a raise after they've had a hectic day. Wait until you both have time to sit down and talk.

It's also nice to give your boss a heads up about the nature of the discussion so that they can prepare. They may need to consult with an HR advisor about salary and benefit policies.

Another optimal time to discuss a raise is during a performance review.

The art of complaining

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about the meal, either the food or the service, mention that at the same time.

ISTOCK

▶ A well handled complaint can help improve service.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

GUARD YOUR PRECIOUS ALONE TIME WITH BABY

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

ISTOCK

▶ Who isn't excited at the thought of a newborn baby?

Hi Charles the Butler!
I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning to visit for the birth and for the weeks following. How do I tell them I'm more than happy that they all want to be here with me at such a special time, but that I need privacy for a few weeks to get adjusted to all of this?

Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your somewhat overzealous family, however, is causing you anxiety and the baby has yet to even arrive!

I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has happened and everything is happy and healthy and settled we are asking that everyone please show some patience before we start booking visits.

The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

HAVE A QUESTION? EMAIL AT ASKCHARLESTHEBUTER@METRONEWS.CA.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:
TD

metro

4 sports

Man City prove pedigree late

UEFA Champions League side emerges in second-half to sneak past Whitecaps in friendly

JEFF VINNICK/GETTY IMAGES

▶ Edin Dzeko of Manchester City gets a shot on Whitecaps goalie Jay Nolly while being closely defended by Alain Rochat.

Shaun Wright-Phillips scored in the 84th minute last night as English Premier League side Manchester City defeated Major League Soccer's Vancouver Whitecaps 2-1 in an exhibition soccer game.

Wright-Phillips unleashed a rocket from about 30 yards that had keeper Jay Nolly well beaten.

It was his second goal in as many games on Man City's North American tour, having scored Saturday in a 2-0 win over Club America in San Francisco.

Wright-Phillips almost had a second goal, but Nolly dived to make a save late in the game.

2	1
MAN CITY	WHITECAPS

Mario Balotelli's header in the 68th minute gave City a 1-1 tie after Brazilian striker Camilo opened the scoring for Vancouver, shocking the FA Cup champions before 24,074 fans with a header that deflected in off a defender.

Balotelli came to the far post to nod Andrea Mancini's high corner kick behind Vancouver keeper Jay Nolly.

$1B

Man City owner Sheikh Mansour — of an Abu Dhabi royal family — has spent about $1 billion on players over the last three years, while the Whitecaps operate under an MLS salary cap of $2.6 million a year.

The match featuring a side that finished third in the Premier League last season and the worst team in MLS was played on a temporary grass pitch that had been deluged by rain on Saturday.

Camilo gave Vancouver the lead in the 30th minute when he controlled Shea Salinas's cross and his shot deflected off defender Stefan Savic and past England keeper Joe Hart.

Earlier in the half, Camilo narrowly missed on a free kick directly in front of Man City's goal from about 28 yards. His strike cleared the City wall and fully extended Hart, who got a hand on the ball which deflected off the post.

City lost Ivory Coast star Yaya Toure in a first-half collision with Vancouver defender Michael Boxall. Toure left the game favouring his right leg.

Both sides substituted liberally in the second half while Man City forced the play.

City did not dress midfielder David Silva, who led Spain to the 2010 World Cup, or defender Micah Richards who is a cousin of injured Vancouver striker Atiba Harris.

City also announced before the game that striker Carlos Tevez had been sold to Brazilian club Corinthians, while goaltender Shay Given has joined England Premier League side Aston Villa.

THE CANADIAN PRESS

Quoted

"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

BRITISH OPEN WINNER DARREN CLARKE. THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYING SHORTLY AFTER HE WALKED OFF THE 18TH GREEN ON SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.

Scan code for more sports.

Penny says Tigers are close to contending

LEON HALIP/GETTY IMAGES

▶ Brad Penny

As the Detroit Tigers celebrated a much-needed victory, Brad Penny's thoughts were on the pennant race ahead.

Although Penny recovered nicely from some early struggles on the mound Sunday, he's well aware of what it will take for the Tigers to outlast a trio of other contenders in the AL Central. If Detroit can add another starting pitcher before the trade deadline, Penny is all for it.

"You bring another guy in — another No. 1, No. 2 starter — and you get to the playoffs with this team, we can win," the right-hander said after Sunday's 4-3 win over the Chicago White Sox. "Whatever helps the team win."

Justin Verlander has been outstanding, going 12-5 with a 2.29 ERA. The rest of the starters have been more erratic. Penny, Max Scherzer and Rick Porcello have ERAs between 4.47 and 4.78, and the other slot in the rotation is even murkier.

The Tigers were off yesterday and trailed first-place Cleveland by a half-game going into last night's action. THE ASSOCIATED PRESS

Score the first goal at Bell Pitch Downtown!

ENTER THE CONTEST AND YOU COULD:

- Score the first goal at Bell Pitch Downtown, future home of Vancouver Whitecaps FC
- Win one of 50 pairs of tickets to a Whitecaps FC match

bell.ca/scorethefirstgoal

VANCOUVER WHITECAPS FC™

Bell

PREMIER FOUNDING PARTNER

No purchase necessary. Contest ends September 24, 2011. Available to legal residents of Canada (excluding Québec) and must be 10 years of age or older. Odds of winning depend on number of valid entries. Skill-testing question required. For prize details, see full contest rules at bell.ca/scorethefirstgoal.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	36	.617	—
New York	56	37	.602	1½
Tampa Bay	50	44	.532	8
Toronto	47	49	.490	12
Baltimore	38	55	.409	19½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	51	44	.537	—
Detroit	50	45	.526	1
Chicago	47	49	.490	4½
Minnesota	44	51	.463	7
Kansas City	38	58	.396	13½

WEST DIVISION

	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

Yesterday's results
Cleveland 5-6 Minnesota 2-3
Boston 15 Baltimore 10
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 5 Kansas City 2
Sunday's results
Detroit 4 Chicago White Sox 3
N.Y. Yankees 7 Toronto 2
Baltimore 8 Cleveland 3
Minnesota 4 Kansas City 3
Oakland 9 L.A. Angels 1
Texas 3 Seattle 1
Boston 1 Tampa Bay 0 (16 ings)
Tonight's games
Boston (Weiland 0-0) at Baltimore (Guthrie 3-13), 7:05 p.m.
Oakland (Moscoso 3-4) at Detroit (Porcello 8-6), 7:05 p.m.
Seattle (Pineda 8-6) at Toronto (Cecil 2-4), 7:07 p.m.
N.Y. Yankees (Colon 6-5) at Tampa Bay (Hellickson 8-7), 7:10 p.m.
Chicago White Sox (Peavy 4-3) at Kansas City (Duffy 1-4), 8:10 p.m.
Cleveland (Masterson 8-6) at Minnesota (Liriano 6-7), 8:10 p.m.
Texas (Ogando 9-3) at L.A. Angels (Chatwood 5-5), 10:05 p.m.
Tomorrow's games
Boston at Baltimore, 12:35 p.m.
Cleveland at Minnesota, 1:10 p.m.
Oakland at Detroit, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	59	36	.621	—
Atlanta	57	39	.594	2½
Washington	48	48	.500	11½
New York	47	48	.495	12
Florida	47	49	.490	12½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	50	44	.532	—
St. Louis	50	45	.526	½
Milwaukee	51	46	.526	½
Cincinnati	47	49	.490	4
Chicago	39	58	.402	12½
Houston	31	65	.323	20

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	41	.573	—
Arizona	52	44	.542	3
Colorado	45	51	.469	10
Los Angeles	42	53	.442	12½
San Diego	41	55	.427	14

Last night's results
Pittsburgh 2 Cincinnati 0
Florida 4 N.Y. Mets 1
Chicago Cubs 6 Philadelphia 1
Washington 5 Houston 2
Atlanta 7 Colorado 4
Arizona 3 Milwaukee 0
L.A. Dodgers at San Francisco
Sunday's results
Philadelphia 8 N.Y. Mets 5
Cincinnati 3 St. Louis 1
Atlanta 9 Washington 8
Pittsburgh 7 Houston 5 (11 ings)
Florida 7 Chicago Cubs 5
Milwaukee 4 Colorado 3
San Francisco 4 San Diego 3 (11 ings)
Arizona 4 L.A. Dodgers 1
Tonight's games
Cincinnati (Leake 8-4) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
San Diego (Stauffer 5-6) at Florida (Ani.Sanchez 6-2), 7:10 p.m.
St. Louis (Lohse 8-6) at N.Y. Mets (Gee 8-3), 7:10 p.m.
Philadelphia (Cl.Lee 9-6) at Chicago Cubs (Garza 4-7), 8:05 p.m.
Washington (Zimmermann 6-7) at Houston (Happ 3-11), 8:05 p.m.
Atlanta (Beachy 3-1) at Colorado (Jimenez 5-8), 8:40 p.m.
Milwaukee (Gallardo 10-6) at Arizona (Enright 1-3), 9:40 p.m.
L.A. Dodgers (R.De La Rosa 3-4) at San Francisco (Bumgarner 4-9), 10:15 p.m.
Tomorrow's games
Cincinnati at Pittsburgh, 12:35 p.m.
Washington at Houston, 2:05 p.m.
Philadelphia at Chicago Cubs, 2:20 p.m.
L.A. Dodgers at San Francisco, 3:45 p.m.
San Diego at Florida, 7:10 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Atlanta at Colorado, 8:40 p.m.
Milwaukee at Arizona, 9:40 p.m.

LATE SUNDAY

RED SOX 1, RAYS 0 (16 INGS)

Boston	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Ellsury cf	8	0	0	0	Damon dh	6	0	1	0
Pedroia 2b	7	0	3	1	Zobrist rf	5	0	0	0
AdGnzl 1b	7	0	1	0	Longori 3b	5	0	1	0
Youkils 3b	4	0	0	0	Ktchm 1b	5	0	0	0
D.Ortiz dh	4	0	0	0	BUpton cf	6	0	0	0
Sutton pr-dh	2	0	0	0	Loaton c	3	0	0	0
J.Drew rf	3	0	0	0	Ruggin lf	3	0	0	0
DMcDn ph-rf	1	0	0	0	SRdrgz 2b	6	0	1	0
Reddck lf	5	1	0	0	Fuld lf	2	0	0	0
Varitek c	6	0	0	0	Joyce ph	1	0	0	0
Scutaro ss	5	0	1	0	Shppch c	2	0	0	0
					Brignc ss	6	0	0	0
Totals	**52**	**1**	**5**	**1**	**Totals**	**50**	**0**	**3**	**0**

Boston	000	000	000	000	000	1—1
Tampa Bay	000	000	000	000	000	0—0

LOB—Boston 17, Tampa Bay 6. 2B—Pedroia (21). SB—Pedroia (17), Damon (8). S—Varitek, Shoppach.

Boston	IP	H	R	ER	BB	SO
Beckett	8	1	0	0	0	6
D.Bard	1	1	0	0	1	1
Albers	1 2-3	1	0	0	0	2
F.Morales	1 1-3	0	0	0	0	1
Aceves W,5-1	3	0	0	0	0	2
Papelbon S,21-22	1	0	0	0	0	1
Tampa Bay						
Niemann	8	2	0	0	2	10
Farnsworth	1	1	0	0	2	1
Jo.Peralta	1-3	0	0	0	1	0
Howell	2-3	0	0	0	3	0
McGee	1-3	0	0	0	1	1
J.Cruz	2-3	0	0	0	0	1
C.Ramos	1	0	0	0	0	0
B.Gomes	3	0	0	0	2	3
A.Russell L,1-2	1	2	1	1	1	0

T—5:44. A—21,504 (34,078).

AUTO RACING

NASCAR SPRINT CUP

MONEY LEADERS
(all figures in U.S. dollars)
1. Carl Edwards, US$5,427,417; 2. Kyle Busch, $3,654,892; 3. Kevin Harvick, $3,550,032; 4. Kurt Busch, $3,547,701; 5. Matt Kenseth, $3,527,372; 6. Jimmie Johnson, $3,428,622; 7. Clint Bowyer, $3,217,490; 8. Denny Hamlin, $3,141,968; 9. Jeff Gordon, $3,140,247; 10. Tony Stewart, $3,085,090.
11. Ryan Newman, $3,025,373; 12. Juan Pablo Montoya, $2,927,115; 13. Bobby Labonte, $2,676,453; 14. A J Allmendinger, $2,647,727; 15. Jamie McMurray, $2,640,154; 16. Marcos Ambrose, $2,616,617; 17. Regan Smith, $2,593,343; 18. David Ragan, $2,573,888; 19. Brad Keselowski, $2,548,958; 20. David Reutimann, $2,505,490.
POINTS LEADERS
Through July 17
1. Carl Edwards, 652p points; 2. Jimmie Johnson, 645; 3. Kurt Busch, 641; 4. Kevin Harvick, 637; 5. Kyle Busch, 632; 6. Matt Kenseth, 626; 7. Jeff Gordon, 587; 8. Ryan Newman, 586; 9. Dale Earnhardt, Jr., 577; 10. (tie), Denny Hamlin and Tony Stewart, 570.
12. Clint Bowyer, 542; 13. David Ragan, 524; (tie), 14. Kasey Kahne and Greg Biffle, 523; 16. A J Allmendinger, 515; 17. Juan Pablo Montoya, 511; 18. Joey Logano, 510; 19. Paul Menard, 506; 20. Mark Martin, 500.
21. Marcos Ambrose, 495; 22. Martin Truex Jr., 485; 23. Brad Keselowski, 475; 24. David Reutimann, 448; 25. Jeff Burton, 445; 26. Brian Vickers, 415; 27. Regan Smith, 410; 28. (tie), Bobby Labonte and Jamie McMurray, 400; 30. David Gilliland, 347.

TRANSACTIONS

BASEBALL

MLB—Announced Boston DH David Ortiz and Baltimore RHP Kevin Gregg had their four-game suspensions reduced to three games.

AMERICAN LEAGUE

BALTIMORE ORIOLES—Signed SS J.J. Hardy to a three-year contract extension. Placed RHP Alfredo Simon on the restricted list. Recalled 3B Josh Bell from Norfolk (IL). Selected the contract of RHP Mark Worrell from Norfolk. Recalled INF Josh Bell from Norfolk.
BOSTON RED SOX—Activated OF Carl Crawford from the 15-day DL. Optioned INF Drew Sutton to Pawtucket (IL).
CLEVELAND INDIANS—Placed OF Grady Sizemore on the 15-day DL. Recalled RHP David Huff from Columbus (IL).
NEW YORK YANKEES—Placed INF Ramiro Pena on the 15-day DL. Recalled INF Brandon Laird from Scranton/Wilkes-Barre (IL).
TAMPA BAY RAYS—Recalled C Robinson Chirinos, RHP Alex Cobb and LHP Alex Torres from Durham (IL). Designated RHP Adam Russell for assignment. Placed C Jose Lobaton and RHP Juan Cruz on the 15-day DL.
TORONTO BLUE JAYS—Reinstated RHP Jesse Litsch from the 15-day DL and optioned him to Las Vegas (PCL).

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

Friday's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday, July 23
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday, July 24
Saskatchewan at Montreal, 7 p.m.

TENNIS

ATP BET-AT-HOME OPEN

At Hamburg, Germany
Yesterday's results
Singles — First Round
Sergiy Stakhovsky, Ukraine, def. Maximo Gonzalez, Argentina, 6-2, 6-3.
Jarkko Nieminen, Finland, def. Santiago Giraldo, Colombia, 6-4, 6-3.
Albert Ramos, Spain, def. Adrian Mannarino, France, 6-2, 6-4.
Bastian Knittel, Germany, def. Ivan Dodig, Croatia, 6-4, 6-3.
Victor Crivoi, Romania, def. Guillermo Olaso, Spain, 6-4, 6-3.
Carlos Berlocq, Argentina, def. Robin Haase, Netherlands, 6-2, 6-2.
Tobias Kamke, Germany, def. Pere Riba, Spain, 6-1, 6-1.
Lukas Rosol, Czech Republic, def. Potito Starace, Italy, 7-6 (5), 6-1.
Julian Reister, Germany, def. Denis Istomin, Uzbekistan, 6-3, 6-4.

WTA BAKU CUP

At Baku, Azerbaijan
Singles — First Round
Mariya Koryttseva, Ukraine, def. Elena Baltacha (6), Britain, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Sofia Shapatava, Georgia, 6-0, 6-0.
Vesna Dolonts, Russia, def. Alona Bondarenko, Ukraine, 6-3, 6-3.
Doubles — First Round
Tetyana Arefyeva, Ukraine, and Anastasiya Yakimova, Belarus, def. Anastasia Pavlyuchenkova and Vera Zvonareva (3), Russia, 6-3, 6-3.
Daniella Dominikovic, Australia, and Nopawan Lertcheewakarn, Thailand, def. Ekaterine Gorgodze, Georgia, and Maria Zharkova, Russia, 7-6 (5), 4-6, 10-4 (tiebreak).
Nigina Abduraimova, Uzbekistan, and Kamilla Farhad, Azerbaijan, def. Sofia Kvatsabaia, Georgia, and Marina Shamayko, Russia, 6-4, 6-3.

ATP ATLANTA CHAMPIONSHIPS

At Norcross, Ga.
Singles — First Round
Somdev Devvarman (8), India, def. Ryan Sweeting, U.S., 6-4, 3-6, 6-4.
Michael Russell, U.S., def. Donald Young, U.S., 6-0, 6-3.
Gilles Muller, Luxembourg, def. Alex Bogomolov, Jr., U.S., 6-3, 7-6 (6).
Tatsuma Ito, Japan, def. Michael Berrer, Germany, 7-6 (6), 6-4.
James Blake, U.S., def. Ernests Gulbis, Latvia, 5-7, 7-6 (5), 6-2.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	21	6	4	11	34	24	29
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	25	18
Toronto	21	3	9	9	17	36	18
New England	19	3	9	7	16	27	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Sunday's result
Philadelphia 3 New England 0
Tomorrow's games
All Times Eastern
New England at D.C. United, 7:30 p.m.
Dallas at Toronto, 8 p.m.
New York at Colorado, 9:30 p.m.
Vancouver at San Jose, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.
Saturday, July 23
Dallas at New York, 6 p.m.
Portland at Columbus, 8 p.m.
Toronto at Kansas City, 8:30 p.m.
New England at Colorado, 9 p.m.
San Jose at Real Salt Lake, 10 p.m.
Houston at Chivas USA, 10:30 p.m.

2011 FIFA WOMEN'S WORLD CUP

FINAL

Sunday's result
At Frankfurt
Japan 2 U.S. 2
(Japan wins title 3-1 on penalty kicks)

2011 COPA AMERICA

At Sites in Argentina

QUARTER-FINALS

Sunday's results
At La Plata
Brazil 0 Paraguay 0
(Paraguay advances 2-0 on penalties)
At San Juan
Venezuela 2 Chile 1

SEMIFINALS

Tonight's game
All Times Eastern
At La Plata
Peru vs. Uruguay, 8:45 p.m.
Tomorrow's game
At Mendoza
Paraguay vs. Venezuela, 8:45 p.m.

NASL

Sunday's results
Atlanta 2 Montreal 2
Tampa Bay 2 Edmonton 1
Puerto Rico 1 Minnesota 0
Tomorrow's game
All Times Eastern
Fort Lauderdale at Puerto Rico, 8:05 p.m.

GOLF

PGA FEDEXCUP LEADERS

Through July 17

	Points	Money
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,741	$3,497,523
3. K.J. Choi	1,561	$3,694,242
4. Phil Mickelson	1,531	$3,186,521
5. Bubba Watson	1,486	$3,064,485
6. Luke Donald	1,455	$3,550,248
7. Mark Wilson	1,365	$2,736,690
8. Matt Kuchar	1,306	$2,878,861
9. Webb Simpson	1,284	$2,557,043
10. David Toms	1,280	$2,920,730
11. Gary Woodland	1,275	$2,428,363
12. Brandt Snedeker	1,191	$2,392,395
13. Jason Day	1,181	$2,776,587
14. Dustin Johnson	1,170	$2,636,965
15. Fredrik Jacobson	1,166	$2,117,034
16. Martin Laird	1,165	$2,348,956
17. Jonathan Byrd	1,154	$2,358,204
18. Rory Sabbatini	1,153	$2,222,325
19. Aaron Baddeley	1,112	$2,329,848
20. Hunter Mahan	1,072	$2,181,312
21. Charl Schwartzel	1,034	$2,171,272
22. Bill Haas	958	$1,750,741
23. Charles Howell III	955	$1,763,768
24. Steve Marino	935	$1,821,556
25. D.A. Points	905	$1,719,033
26. Spencer Levin	904	$1,740,806
27. Chris Kirk	902	$1,730,397
28. Jhonattan Vegas	896	$1,586,468
29. Keegan Bradley	891	$1,822,168
30. Zach Johnson	855	$1,482,972
31. Ryan Palmer	853	$1,661,145
32. Jason Dufner	813	$1,678,060
33. Vijay Singh	799	$1,532,130
34. Y.E. Yang	782	$1,678,189
35. Ryan Moore	782	$1,520,023
36. Lucas Glover	767	$1,503,572
37. Justin Rose	760	$1,469,920
38. Brendan Steele	756	$1,460,104
39. Tommy Gainey	745	$1,457,851
40. Bo Van Pelt	744	$1,507,116
Also		
128. Stephen Ames	**289**	**$482,930**
131. David Hearn	**279**	**$417,594**

CYCLING

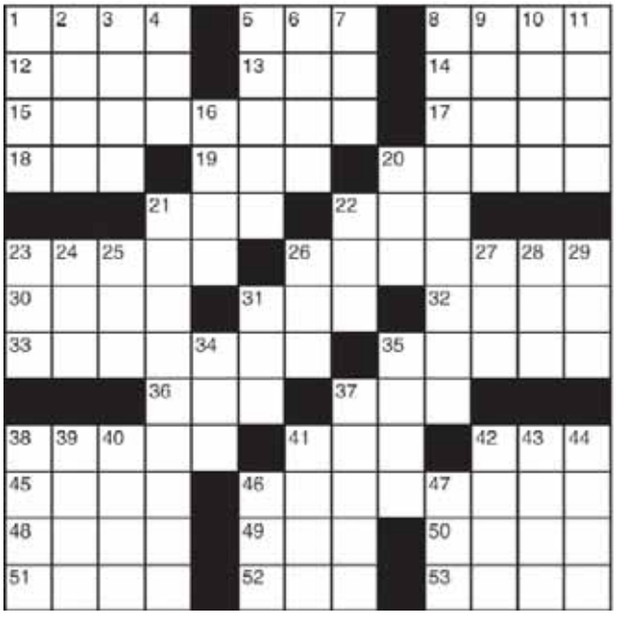
TOUR DE FRANCE

STANDINGS

Following Sunday's 15th stage
1. Thomas Voeckler, France, Europcar, 65 hours, 24 minutes, 34 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49 behind leader; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:15; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:44; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 5:46; 10. Kevin De Weert, Belgium, Quick Step, 6:18.
11. Rigoberto Uran, Colombia, Sky Procycling, 7:55; 12. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:20; 15. Haimar Zubeldia, Spain, RadioShack, 9:50; 16. Peter Velits, Slovakia, HTC-Highroad, 10:01; 17. Arnold Jeannesson, France, Francaise des Jeux, 10:05; 18. Nicolas Roche, Ireland, AG2R La Mondiale, 10:56; 19. Sandy Casar, France, Francaise des Jeux, 11:54; 20. Jelle Vanendert, Belgium, Omega Pharma-Lotto, 12:06.
Canadian — 32. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.

You'll this.
DOWNLOAD THE NEW METRO APP
for your BlackBerry, iPhone and iPad.
Available on the App Store
BlackBerry App World
metro

Crossword



Across

1 Completely occupy
5 Bashful
8 Taxis
12 Vicinity
13 Started
14 Fairy tale baddie
15 Hides
17 Tide type
18 Halves of ems
19 Tear
20 No liability
21 Prisoner
22 Insecticide letters
23 Choir members
26 Interpret wrongly
30 Bridle strap
31 Peace (Lat.)
32 Very unattractive
33 The Alamo, e.g.
35 Range
36 Explosive letters
37 Write in the margins
38 Hybrid eating utensil
41 Triumphed
42 Luau bowlful
45 Arizona tribe
46 Solidifies
48 Oil cartel
49 In vitro cells
50 Billion (Pref.)
51 Fender bender
52 Affirmative
53 Black and white?

Down

1 Confront
2 Press
3 Camera part
4 Fond du —, Wis.
5 Dispatched
6 Aid
7 Football meas.
8 Build
9 A very long time
10 Highland hillside
11 Labor Day mo.
16 Love god
20 Billboards
21 Squeeze
22 New Jersey fort
23 Upper limb
24 Floral garland
25 "— the season ..."
26 Fellow
27 Id counterpart
28 Swiss mountain
29 Colouring agent
31 Cauldron
34 Tattooist's supply
35 Melody
37 Surname of singing siblings Joe, Nick and Kevin
38 Not barefoot
39 Vatican VIP
40 Remove the lid
41 Used a loom
42 Twosome
43 Gymnast Korbut
44 "— a Little Prayer"
46 Demure
47 Silly Putty container

▶ Monday's answer

Sudoku

		4	7		2	6		
	9	5		1			4	
7		2				1	5	3
4			6		9			7
	6			7			3	
8			2		3			5
1	4	6				3		9
	2			3		5	8	
		8	9		7	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	8	6	1	9	2	7	4	5
9	4	2	3	7	5	6	1	8
7	5	1	8	4	6	2	9	3
5	2	7	4	1	9	3	8	6
6	1	8	2	3	7	9	5	4
4	3	9	5	6	8	1	2	7
1	9	3	7	5	4	8	6	2
8	7	4	6	2	1	5	3	9
2	6	5	9	8	3	4	7	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Christian the Great, You are far more interesting than you are good looking. Embrace the heat.
ELENORE

Steven, hope your having fun at Auntie Aimee and uncle Dans!!! I miss you very much cant wait for you to come home love you pooh bear!!!!!!!!!!!!!! Xxxxxxxxxxxxxxxxxooooo ooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?
BROWN LOVER LOOKING 4U

Today
21°/15°
Variable
Wednesday
17°/14°
Showers
80%
You have voted us #1 for best forecasts on TV. Thank you Canada!
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't take risks today, and especially don't take risks with your money.

♉ Taurus April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ Gemini May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ Cancer June 22-July 22 Steer clear of extremes.

♌ Leo July 23-Aug.23 You can, of course, get what it is you desire through sheer force of personality, but a better way by far is to get it through charm and cooperation.

♍ Virgo Aug. 24- Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ Libra Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ Scorpio Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ Sagittarius Nov. 23-Dec. 21 Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ Capricorn Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ Aquarius Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ Pisces Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

SALLY BROMPTON

PETR DAVID JOSEK/THE ASSOCIATED PRESS

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

PUCKER UP...VIRTUALLY!
Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.
All kisses will appear online and a selection will appear in print too!
Visit metronews.ca daily to see who loves whom, or...who loves you!
metro

30 second "Hair Transplant"
- Easy to apply microscopic colour-matched hair fibres, which bind electrostatically to, and branch off of each individual hair.
- 100% Safe for Male and Female Thinning Hair
- Undetectable, Natural Appearance

604.688.4555
433 davie street
shopmasc.com

FLIGHT CENTRE Unbeatable
Riviera Nayarit
7 Nights 5-Star All-inclusive
from $395
+ taxes & fees $331
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Price is stated per person and based on double occupancy for the duration of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Over 1000 glasses only $38!

Trevor Linden
Hockey All-Star

or choose 3 pairs for $99

3GLASSES99
apply coupon code at checkout

Prices include the frame and standard 1.5 index lenses.

ClearlyContacts.ca

Canada's Largest Optical Store

Find us on facebook
www.facebook.com/ClearlyContacts.ca